



# THE EXPLORER

Monroe Institute of Applied Sciences  
P.O. Box 57  
Afton, Virginia 22920  
(703) 456-8166

## INSTITUTE MEMBERSHIP CHANGE -

We are establishing a new membership status in the Institute effective June 1, 1979. Our membership will then consist only of Sustaining Members, Professional Members, and Sponsors. All Sustaining Members will receive the following:

(1) A TAPE OF THE MONTH - These are copies of the actual recordings of Explorer sessions held at the Institute, one hour in length, on audio cassette. Advisory Board Members have stated that the most important step we can take is to disseminate of the information from these sessions just as it is - on tape. We now agree. A Sustaining Member will receive one each month. Thus, he will build an exclusive tape library filled with profound philosophic implications, unavailable from any other source.

(2) PERIODIC CONFIDENTIAL REPORTS - On research activities at the Institute, and publications by the Institute, including books and professional papers.

(3) FIRST PRIORITY - On purchase of available dwelling units and land parcels at the New Land in Virginia, and on reservations for Gateway training sessions at the Center.

### (4) DISCOUNTS on INSTITUTE ACTIVITIES -

50% of total Membership Fees paid by an individual during a Twelve month period may be applied against the Registration Fee of any Institute training program held at the Center.

A 25% discount on any materials or tapes produced and offered for sale by the Institute.

(5) LOAN of the INSTITUTE EMERGENCY TREATMENT SERIES, for use in event of illness, accident, or surgery.

### (6) SPECIAL OTHER PRIVILEGES AND BENEFITS AS MAY OCCUR -

Dues for Sustaining Members are a minimum of fifteen dollars monthly, or whatever additional you would like to subscribe. If you pay annually in advance, the minimum is one hundred fifty dollars. For details on Professional and Sponsor Membership, phone or write us. Those who are currently members will receive an appropriate credit toward their new Sustaining Membership.

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### YOUR SUSTAINING MEMBERSHIP -

- will permit an on-going pattern of research to continue without interruption into the areas where the Institute has been active - left-right brain hemispheric stimulation and synchronization through audio pulse systems, the effects of artificial environments upon consciousness, and the inter-relationship of mind and body.
- will encourage the development of additional methods and techniques through which the Institute can put into other practical application the results of such research activity for the improvement and greater understanding of the total self.
- will provide the continuance of regular experimental sessions with the Institute Explorer-Pathfinder Team into other realities and energy systems, and the training of new members and teams so as to expand the information gained therefrom.
- will support the wider distribution of such Institute proceedings, programs, and experimental data into all facets of society that may be of ultimate value to mankind in general.
- acknowledges the important position the Institute maintains: that there is no knowledge, truth, or answer for an individual except that which he has himself confirmed. Thus, the Institute does not take any position or postulate except as a premise - and attempts to provide to any individual the opportunity for such confirmation.
- means, at the least, that your curiosity is aroused, that you would like to keep abreast of the inner events and activities of the Institute.
- means, at the most, you have experienced personally very significant benefits and results from participation in one of the Institute programs or activities. Thus, such Membership indicates that "Something of Value" does indeed exist herein, that it should be developed and expanded not only for your own future well-being, but for others who follow you.

Do join us (and get a friend to join, too) in this new stage of our mutual venture and adventure! Only through your participation can we continue - and grow.

This is a partial transcript of an Explorer session to illustrate the type of material sent each month on audio cassette to Institute Sustaining Members. Each cassette contains an exact copy of portions of the audio track from various sessions, just as they actually took place.

*Bob Monroe*

**SESSION #76-520-5 ROMC**

**Monitor:**

This explorer took eight minutes to get to Focus Ten. She is now moving into the Twelve state with the creation of the REBAL.

**Explorer:**

I built the balloon again and started doing some rhythmic breathing which is like filling the balloon full of my own air. I started feeling that I was floating up and up. And all of a sudden I saw this real blue area. It was just as blue as can be, as if I had gone up more than before. It is always sort of dark, but then I saw a comical scene. I saw a cloud floating by. And there was my brother, who was always a "ham" in life. He was sitting, playing a harp and just grinning. He is goofing off. That would be the sort of thing he would do.

It was a very light, light feeling, like I floated way up into another atmosphere. It feels very, very good up here. Very light. Light and good. I feel lighthearted.

This is all I see. I see little saucers floating in. One has a glass top bubble. A bubble top. And I'm supposed to get in this glass-topped saucer and I'm going to be taken for a fast ride. I'll get in and see what happens.

Okay. Very, very rapidly in the center of this is a light beam. I'm going to be taken for a ride on various colored light beams. Right now a white light beam is coming down. An energy beam. I don't know where it comes from or where it's going. But it's coming right down the center of this little saucer. I'm sitting in with the bubble top. And I'm being lifted now up through that particular beam. Just being lifted higher and higher. I'm going to be lifted up. I'm travelling, spinning, with that beam coming right through.

Let's see what happens now. It's just like —the whole thing is not just a beam—it's getting up to where the source is. And I'm being sort of flooded in with this white light. Now, I'm being slowly let down. Let down on this beam to where it is just a beam again.

Now, I'm going to have a blue beam running through. Okay. I'm sort of spinning around. Spinning around. And I'm being lifted up through this beam which is now coming right down the middle. But I'm being lifted up through this beam and it is expanding until now again, I am all washed in blue. It is very cool and refreshing. It is all blue now. I'm spinning around. Now I'm

I'm being moved over to another beam. I'm being moved way over and I'm going now to a yellow—sort of a yellow beam—and the yellow is also relaxing, and I'm being lifted up on this beam and through the beam until I get up to the source of the beam and it is all yellow light swirling around. Aahchew! (Sneeze.) It made me sneeze. It must have cleaned out my head. Okay. Now I feel like I'm being let down again.

Now I'm being moved over. It's like I'm being moved over on the spectrum. It is a nice, real orange beam coming through. And now I'm being lifted up through the orange beam. Orange is a nice, real good color. It is giving a lot of energy. It is a pulsating orange. Pulsating. Now the orange is turning red. It is like a pulsating. Very energizing. And it is like, orange-and-red, orange-and red. Now it is like two beams together. So . . . I'm being let down now.

Okay. Now, I'm being moved over to the purple beam. Purple is very nice. Calm and cool purple. And I'm being lifted now on that beam. Okay. Now I get up and it is all purple and I'm swirling around.

Now all the colors are going to come in. I am swirling around now on all the various colors. All the colors now. I am going around and around.

I am going to hear music . . . music is coming on, sort of lifting me up. I hear this real nice music . . . it is all blending in with and part of the color. It goes with the colors.

Now I'm being taken out of the protection of the saucer with the bubble top and I'm going to be left to float a little bit. Now, just to float. I'm just floating in these colors, these beautiful colors . . . it just keeps changing . . . and I can hear the music. I am floating now, very, very relaxing and very energizing. I want to float here for a little bit. I will just float and listen to the music for a little bit. While I'm floating and listening to the music, when I look down I can see me playing the piano . . . like it is my own music playing . . .

My little saucer is coming back. I'm still floating, it is relaxing and very energizing. I'm supposed to get in it now and I'm going to be taken somewhere.

A platform now . . . I'm put off on a little platform. And I'm just standing there straight up. I can see a circle of myself. I'm standing there, but I can see a circle . . . like aspects of myself in a circle. I'm standing on this platform, floating way out in space, but it is very nice . . . completely away from everybody and everything.

I am floating up now, standing on this platform. I'm supposed to stand here and observe what is going to happen.

This is going on in my ears . . . and some . . .

one is working on my face . . . like someone exercising—helping to exercise, my throat muscles. They talk about getting me 'prepared' . . .

(After 1 min., 12 sec.)

(Voice quality change; BV-2, 3 Up 41 MV)  
**ASV:**

We are coming to help ROMC to see visually that she is multidimensional and this is why she is able to see the great circle of self . . . of many forms of the self. It appears to her to be like many selves extending from a circle in between. We are trying to show her that there are many, many dimensions of one human self. As she can see and understand that she is much more than the conscious self that she sees in the mirror and which she experiences in her waking state, she will be much more readily prepared to go into the multidimensional levels, or consciousness levels. And this is why we are working on various levels, not only the visual . . . which is very important . . . but we are also working with the other senses as well.

As she realizes, senses and experiences the light feeling of floating, this helps to take her away from the heaviness of this worldly self, and helps her to see more clearly that she is not tied down, nor bound by this physical self. At the same time, we are showing her her human body: as each cell glows, we are showing her that the cell is a complete universe in itself. Every cell in the human body is a complete universe of great complexity, but yet, at the same time, of great simplicity. And within each cell is a whole energy level, and the energy is self-sufficient within each cell. And there are millions of universes within one human body. The cells of the physical body have many levels of energy patterns within them. And as a soul is aware that the mind and self can be very much in control of the use of the energy within the millions of cells, it is very awe-inspiring and it is a great sense of responsibility. This is why it is important to stand aside to look at the magnitude of the universe that the self is responsible for.

But the greater dimensions are the many, many dimensions of what we call the energy body, the Universal Self, which goes beyond the body which can be seen. And this body is in touch with all levels of the highest forms of energy. Therefore, when this body is released into its highest form, in its highest working form, then all of the levels and universes within the physical are put into place, with great energizing and balance between the two. There is no limit to what the soul and the self could perform in this minute second of a lifetime.

Once the soul is in control and releases the levels of energy, it is in its purest form.

The human self is capable of the highest of what you would consider miracles. But they are not miracles. The human body would be capable of appearing and disappearing at any stage and any level of existence in the earth, if the higher energy levels of the self and the soul are in the right communion. And, of course, this is possible as you well know.

It is possible for the energy body to travel, but it is also possible for the physical body to be capable of many very unusual feats. They are all combined and connected. But we are only saying this to use an example so that this entity can see and know that there are no limits put upon the human body and the self, other than those limits that the mind puts upon the self and the body.

This is why it is important to work in changing the concepts that the earth level puts upon the mind of man. Once a soul is aware that there are no limits to the experiences and levels of existence within the physical body, then new frontiers open up where all things are possible. But the great work which we have to do first is to work with the minds of human souls. And this is why we are now working to clear the mind of this entity from all of that which has put into her that has limited her horizons. It is no fault of her own that she feels limited. It is only that kind of thought-form that is sent to her from other thought-forms of earth levels. And it is our main job to work with thought-forms to release those false thought-forms that hold down the soul from its true release and its true activities. And this is what we are working on at this time. We are going to continue to help this soul to see herself in the many levels that she occupies. As she can see and experience these various multilevels of her existence, then she will be that much freer to explore into the unusual and the most amazing universes that exist right within the Self. And we have a good beginning.

It is always our desire to help all who are interested in being helped. All that we do is to help as many as are willing to listen and be helped. Therefore, it is not that we are working with one entity. It is that we are working with the *earth level*. And there are many who are working to help the release of those who are caught in the wrong thought-forms on the earth level. Therefore, we are most happy when anything that we do is shared with all who are interested in learning. Of course, all who are with you are growing, and they are going into the many dimensions and are learning. Much of what we are saying is already known.

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### THE VIRGINIA GATEWAY MACHINE EXPERIENCE -

That sounds very impersonal, yet the experience is far from being impersonal. The New Monroe Training and Research Center is unlike any other facility now in service. It is designed to apply all of the methods and techniques developed through the years by the Institute to enhance consciousness, awareness, learning and attention without the use of drugs or electrical stimulation. The staff of Trainers, Technicians, and friends take away all signs of impersonality!

### UPON ARRIVAL -

If you've been accepted for one of the Gateway programs, and if you've notified the Institute in advance, you are met at the Charlottesville, Virginia Airport, and you ride in the Institute car some thirty (30) miles to the south, through rolling hills that grow into small green mountains with patterns of pastoral streams and farmland at their base. The mountains are green. Where is the famous Blue Ridge of which you've heard so much. There it is, not too distant, against the horizon - and it does look blue, your driver points out.

The car moves off the main highway, along a road bordering Rockfish River, then crosses a bridge over the river, and a few moments later, turns into the New Land. The driver points to a distant mountain ridge, and tells you the New Land goes all the way to the top of it. There is a trail that leads to the top, and you can hike up through the woods and be totally alone on an afternoon - if you so desire.

The road climbs steeply around the side of a knoll. You pass the Gatehouse, a large rustic yet contemporary building just completed. Your driver indicates this houses not only staff but overnight visitors at the Institute. Through the valley beyond and below, a deeply-cut trout stream sweeps powerfully down to the Rockfish River. Later the stream will be enhanced for fish production, the driver tells you. Also, upstream, a small hydro-electric plant is to be installed, with a hydraulic ram system to pump water to a reservoir on the hill above.

The car reaches the top of the hill, turns to the right onto a plateau - and then you understand. The view - the panorama of green-blue mountains and ridges spread out in all directions, tier after tier spreading to the horizon, the clear sweep of clouds and sky, the clean fresh air - and in the near distance, the tree-covered ridge you've decided you're going to climb, the grassy pasture bending over the side of the hill and down into another valley, where a second unpolluted stream softly makes its rambling way down to the river, - old yet now, new, to be used and treated in a new way. The New Land. Seven hundred and thirty (730) acres, to be exact.

You almost missed the Center. It doesn't look as large as you expected, because it is planted carefully into the side of the hill. Architecture is again the rustic-contemporary mode. It is affectionately called the "Cedar Chest", your driver comments, for obvious reasons. It can provide housing and services for up to twenty five (25) participants. There are meeting rooms for large and small groups, dining areas both indoors and on the broad deck outside, complete facilities for audio-visual presentations and recording, and a Master Control Room for origination and monitoring during training sessions. The most important feature of all is the CHEC unit, you are told.

The car pulls into the parking area, and you get out. You walk up the curving ramp to the main entrance, and with one last look at the Big Sky, you go inside. In the office to the right, Alice greets you, and signs you in . . Along with towels, soap, instruction sheet, and program schedule, Alice tells you that you can leave your shoes at the entrance or take them to your room - that shoes are not necessary inside the Center. You can go barefooted if you wish. She also takes your wrist watch to keep for you. For this week, time will not be important to you. You take your shoes off, and another staff member shows you to your home for the next week, plus one.

#### INTRODUCTION TO CHEC -

The room you share with another looks comfortable, with appropriate space for belongings, but there is no bed. Where is the bed! The staff member then takes you over and opens up what you thought was a large closet. How wrong you were! This is the famous CHEC (for Controlled Holistic Environmental Chamber), where you will sleep at night and where you will go through each training exercise in complete privacy - and freedom. Not only will the CHEC double the effectiveness of the training, but you will sleep in it and experience a form of restful sleep that you may have never had before.

The Chec unit is first of all an accoustical room. It reduces sharply all external noises from interfering with the occupant. Secondly, it shields to a significant degree (55 D.B.) most electromagnetic radiation from entering the chamber, a vital factor in many ways.

Inside the CHEC unit is a bed, some water beds, some air beds, some conventional. There is no room for anything else. (On a lower floor, the special CHEC units contain not only a bed, but a complete small room, with chest, desk and chair). Upon invitation, you lie down on the CHEC bed, and the staff member instructs you in its operation. You find all of the following you can control to suit you:

- (1) Lights: bright, dim, color change, or none at all.
- (2) Temperature: warmer, cooler, as you desire.
- (3) Air: low or high flow direction.
- (4) Sound: available through headphones or speakers on each side. When not in program exercise or sleep, music and various natural backgrounds such as soft breeze, rain, surf, etc., or total silence.

(5) Negative air ionization: high, low or none at all.

DURING TRAINING EXERCISES -

No more mattresses on the floor! After a group session in the Meeting Room, you return to the CHEC unit, close the door. You lie down, put on the set of headphones, adjust the environmental controls to your liking, and wait for the Start Signal. The side speakers act as intercom between you and the Master Control Room, so that the technician or trainer in charge can always hear you, and you can hear them either with or without headphones. Most important, you can put on the hand and other electrodes when instructed, which feed various biological signals back to the Master Control Room. Through these, the technician can analyze accurately your response and progress during the Exercise. Thus for the first time, Gateway Program participants can receive an accurate evaluation beyond their own impressions and reactions, and permanent records can be kept for such response.

Upon completion of each Exercise, you return to the Meeting Room for debriefing and discussion.

DURING SLEEP -

At Time for Sleep, you retire again to the CHEC unit, and set the controls for total sleeping comfort. (You will find it interesting to make various adjustments and changes in these as you progress through the program - your needs and likes may not be what you thought they were!). For sleep, sound will come through the side speakers, not through the headphones. You may select from the following:

(1) Silence (2) Sleep pattern (the Institute's patented sleep inducing sound which leads you through sleep for the entire period, and wakes you up gently in the morning). (3) The Learning Channel, which by a special process, offers data learning and languages during sleep, and then drops you into normal sleep. (4) Nature Sounds - rain, surf, soft wind, etc., which you may like during sleep. All sleep channels present a special wake-up signal at the appropriate time. Included too, is reinforcement in learning to go to sleep whenever you so desire.

MASTER CONTROL ROOM (MCR) -

This is the heart of the technical operation of the Center. First, the MCR feeds audio and video programs to each CHEC unit, and can send as many as ten (10) different programs simultaneously. Thus, any individual can receive special reinforcement exercises, elective and optional training on an one-to-one basis with the Trainer in MCR.

Through intercom and direct switching into the program, the Trainer can converse with the Participant in any CHEC unit privately, without disturbing or interrupting any one else. This important communication link permits a close personal approach during the exercise with each person, if and when needed.

Equally important is the other activity in the MCR - the monitoring of biological responses of each Participant. Through a custom scanning system, technicians in MCR can read EEG, EMR, GSR, body temperatures, and body voltage changes at the microvolt level. The MCR is able to record any such responses on magnetic tape, with real time synchronous program and oral response patterns, thus providing a permanent record of the progress of each Participant. Of special interest is the MCR Mind Mirror, a new instrument that displays visually full-range hemispheric synchronization of electrical brain waves from high Beta to slow Delta, all in one pictorial representation.

It also has provision for video distribution throughout the Center, including the CHEC units, as the need develops.

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To make full use of the new Center, the Institute is modifying all of the current Gateway Program exercises into a new format. However, such changes will not negate the methods and training provided to date, but instead will augment and amplify them to new levels of proficiency.

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## 1979 SCHEDULE

<u>GATEWAY/ADVANCED</u>		(three days)	Fee: \$225 plus room and board fee
May	10-13	Santa Barbara	La Casa de Maria \$78 (rm & brd)
May	17-20	Pacific Grove	Asilomar Conference \$66 (rm & brd) Grounds
June	01-03	Brooksville, FL	
June	08-10	El Paso, TX	
June	08-10	Detroit, MI	Mercy Center
June	22-24	Chicago, IL	
July	20-22	San Diego, CA	
July	21-29	Virginia	The Center
July	27-29	Philadelphia,	
July	27-29	Seattle, WA	
August	03-05	San Francisco	
August	11-19	Virginia	The Center
August	18-26	Seattle	Lake Wilderness Conference Center
August	31-03	Virginia	Fee: about \$700 (includes rm & brd) The Center
September	07-10	Monterey	Pacific Grove
September	08-16	Virginia	The Center
September	14-16	Denver	
September	21-23	Detroit	
October	06-14	Virginia	The Center

**NOTE:** There are additional workshops scheduled in other areas . . .  
Philadelphia, Louisiana, Chicago, Utah, and Denver. For  
special dates, please call or write our West coast office,  
at (415) 668-2677. For programs at The Center, please  
call (703) 456-8166.